

# Iowa

## 2005 Youth Risk Behavior Survey (YRBS) Results

*These risk behaviors<sup>1</sup> . . .*

### Unintentional Injuries and Violence

- 8% Rarely or never wore a seat belt
- 31% Rode with a drinking driver during the past month
- 16% Carried a weapon during the past month
- 28% Were in a physical fight during the past year
- 7% Attempted suicide during the past year

### Alcohol and Other Drug Use

- 44% Drank alcohol during the past month
- 31% Reported episodic heavy drinking during the past month
- 16% Used marijuana during the past month
- 6% Ever used cocaine
- 10% Ever used inhalants

### Sexual Behaviors

- 44% Ever had sexual intercourse
- 13% Had sexual intercourse with  $\geq 4$  people
- 33% Had sexual intercourse during the past three months
- 38% Did not use a condom during last sexual intercourse<sup>2</sup>
- 70% Did not use birth control pills during last sexual intercourse<sup>2</sup>

### Tobacco Use

- 50% Ever tried cigarette smoking
- 22% Smoked cigarettes during the past month
- 10% Smoked cigarettes on  $\geq 20$  days during the past month
- 8% Used smokeless tobacco during the past month
- 14% Smoked cigars during the past month

### Dietary Behaviors

- 83% Ate fruits and vegetables  $< 5$  times/day during the past 7 days
- 71% Drank  $< 3$  glasses/day of milk during the past 7 days

### Physical Activity

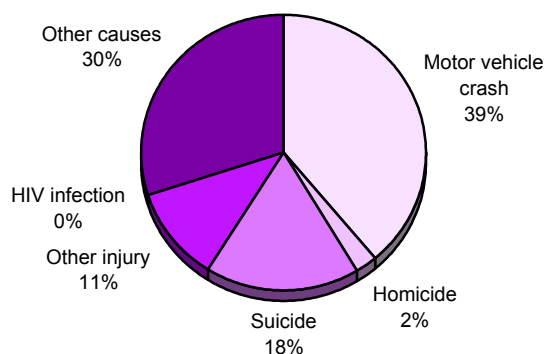
- 66% Did not meet currently recommended levels of physical activity<sup>3</sup>
- 6% Did not participate in any vigorous or moderate physical activity
- 20% Did not attend physical education class
- 90% Did not attend physical education class daily

### Overweight

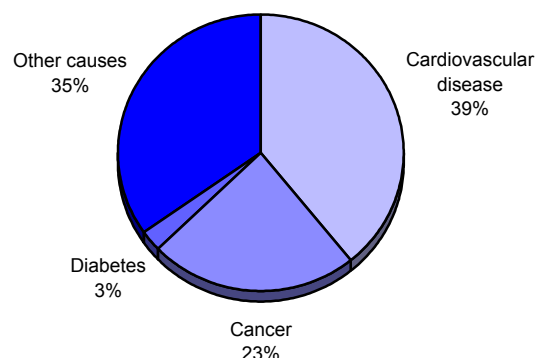
- 15% At risk for becoming overweight<sup>4</sup>
- 12% Overweight<sup>5</sup>

*. . . contribute to these leading causes of death.<sup>6</sup>*

### Youth Aged 10-24 Years



### Adults Aged 25 Years and Older



<sup>1</sup> Among high school students only, weighted data.

<sup>2</sup> Among students who had sexual intercourse during the past 3 months.

<sup>3</sup> Were not physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day on  $\geq 5$  of the 7 days preceding the survey.

<sup>4</sup> Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex, based on reference data.

<sup>5</sup> Students who were at or above the 95th percentile for body mass index by age and sex, based on reference data.

<sup>6</sup> 2003 mortality data, CDC.

Where can I get more information? Visit [www.cdc.gov/yrbs](http://www.cdc.gov/yrbs) or call 800-CDC-INFO (800-232-4636).



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